

WHAT IS CLAIMED IS:

1. A mounting unit for mounting a main apparatus of a head mounted apparatus on the front side of the head of a user, comprising:

a front frame whose front portion is fixed to the main apparatus, and whose right and left portions extend in a front-and-rear direction,

a rear frame which is connected to the front frame at its right and left portions and is capable of moving in the front-and-rear direction with respect to the front frame, and has a portion that presses the back of the user's head,

knob members which are provided on both the right and left portions of the rear frame, when the knob members are pushed backward the rear frame moves backward with respect to the front frame,

lock mechanisms which prevent the backward movement of the rear frame,

release buttons which allows to perform a lock release operation of the lock mechanisms to be performed,

wherein, each of the knob members is arranged under both the frames,

and, each of the lock release buttons is arranged at a portion for the user to push with a finger on each of the knob members when the user will move the rear frame backward with respect to the front frame.

2. The mounting unit according to claim 1, wherein, each of the lock release buttons is provided at the portion on each knob member where a user's thumb is applied while holding the front frame from the side direction in a state of being worn upon the user's head.

3. The mounting unit according to claim 1, wherein a top surface of the knob member is separated from a lower surface of the front frame.

4. The mounting unit according to claim 1, wherein the front frame is a member which has elasticity, and is connected to the rear frame in a state of being biased toward a direction of expanding to the right and left.

5. The head mounted apparatus comprising:

a main apparatus which is arranged at the front of a user's head; and

the mounting unit according to claim 1, which is fixed on the main apparatus.

6. The head mounted apparatus according to claim 5, wherein the main apparatus is arranged in front of user's eyes, and displays an image.